



THAI SALAD

Ingredients

3x Cup of Cooked RESTORE™ Bolivian Quinoa
 2x Cup of Red Cabbage
 1x Red Capsicum (chopped)
 1x Cup of Grated Carrot
 1x Cup of Cooked Edamame Beans
 1x Tablespoon of Ginger (shredded)
 1x Teaspoon of Chilli Flakes

Dressing:

1x Tablespoon of Peanut Butter
 5x Limau limes
 2x Tablespoons of Honey
 1x Tablespoon of Sesame Oil
 Salt
 Black Pepper

This recipe requires cooked quinoa. Log on to Restore Malaysia website and learn how to cook quinoa.

Want extra nutritious? Extra delicious?

Add some coriander and/or ground peanuts for extra flavour.

RESTORE™ Tip

This salad is delicious as a complete lunch meal or appetiser. Enjoy!

We hope you enjoyed this SUPER nutritious, SUPER delicious meal. Cheers to your health!

Instructions

- 1) First, cook the edamame beans and remove them from their pods. Chill and set aside.
- 2) Next, grate the carrot and chop the red cabbage and red capsicum. Shred the ginger. Set aside.
- 3) Pour the chilled quinoa into a large bowl and add the carrots, red cabbage, red capsicum, ginger and edamame beans. Set aside.
- 4) Next, make the dressing. Start with peanut butter.
- 5) Add the peanut butter, honey and sesame oil into a bowl.
- 6) Then, squeeze the strained lime juice into the bowl.
- 7) Mix well with a spoon until smooth.
- 8) Pour the dressing over the salad and mix thoroughly. Season with salt and black pepper according to taste.
- 9) Grab your fork. Serve and enjoy!